

Georgi Gehrke 59min 134bpm

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Georgi Jackson-Gehrke, Vitality Fitness' expert Personal Trainer, combines her advance degrees in personal training fitness, nutrition and psychology to assist you in several disciplines. As an Aerobics- and Fitness-Certified Personal Trainer (ACSM) & (AFAA), Georgi is proficient in leading and demonstrating the most effective yet safe methods of exercise incorporating the fundamental principals of exercise science. [CLICK HERE FOR GEORGI'S OFFICIAL WEBSITE](#). This Soundtrack features strong vocal & non-vocal Euro Dance, Techno & Trance styles perfect for Step & Low Impact Cardio programs.

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